

**From:** Jim Estes  
**Sent:** Wednesday, August 24, 2011 12:25 AM  
**To:** Salazar, Alberto  
**Subject:** Re: Galen Rupp Vitamin B12 shot and Mg infusion

I'm taking Kara back now and will check with him when I get back.

Jim Estes  
Associate Director of Marketing & LDR Programs  
USATRACK&FIELD

On Aug 24, 2011, at 4:01 PM, "Salazar, Alberto"  
wrote:

> Hi Jim, can you ask the US team doctors if Galen can get a Magnesium infusion and Vitamin B12 shot? When training in very hot weather he often gets depleted in Mg because of sweat losses and he starts having trouble recovering. A month ago he and Mo went thru this in Utah and were very tired. They got treated in Portland and bounced back running great two days later. The Vitamin B12 shot seems to help as well. We of course don't have time to do blood tests right now, but 1-2 grams of magnesium is very safe. It's done with just 10-20 ml of saline, so it's allowed by the IAAF and USADA. ( I checked) can you pass this on to Dr.Adams? I can't find his email right now . Thx-Alberto